



# AUGUST 2008

## Mount Greylock State Reservation

Park Contact: Julia or Alec

Visitor Center phone number: (413) 499-4262

Sun.	Mon.	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <u>Tyke Hike:</u> 10-11am	2 <u>Yoga Walk:</u> 10-11am
3	4	5 <u>Dog Walks:</u> 9-10:30am	6 <u>Nice &amp; Easy Hike:</u> 10am-noon <u>Story Time-Williamstown Lib.</u> 10:30-11:30am <u>Story Time-Lanesboro Lib.</u> 2:30-3:30pm	7 <u>Junior Rangers:</u> 10am-noon <u>Recycled Art:</u> 2-3pm	8 <u>Tyke Hike:</u> 10-11am	9 <u>Yoga Walk:</u> 10-11am
10	11	12 <u>Dog Walks:</u> 9-10:30am	13 <u>Nice &amp; Easy Hike:</u> 10am-noon <u>Story Time-Williamstown Lib.</u> 10:30-11:30am <u>Story Time-Lanesboro Lib.</u> 2:30-3:30pm	14 <u>Junior Rangers:</u> 10am-noon <u>Recycled Art:</u> 2-3pm	15 <u>Tyke Hike:</u> 10-11am	16 <u>Yoga Walk:</u> 10-11am
17	18	19 <u>Dog Walks:</u> 9-10:30am	20 <u>Nice &amp; Easy Hike:</u> 10am-noon <u>Story Time-Williamstown Lib.</u> 10:30-11:30am <u>Story Time-Lanesboro Lib.</u>	21 <u>Junior Rangers:</u> 10am-noon <u>Recycled Art:</u> 2-3pm	22 <u>Tyke Hike:</u> 10-11am	23 <u>Yoga Walk:</u> 10-11am



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			2:30-3:30pm			
24	25	26 <u>Dog Walks:</u> 9-10:30am	27 <u>Nice &amp; Easy Hike:</u> 10am-noon <u>Story Time-Williamstown Lib.</u> 10:30-11:30am <u>Story Time-Lanesboro Lib.</u> 2:30-3:30pm	28 <u>Recycled Art:</u> 2-3pm	29 <u>Tyke Hike:</u> 10-11am	30 <u>Yoga Walk:</u> 10-11am

*For more program information, please see Program Descriptions below the Calendar*

## PROGRAM DESCRIPTIONS

<b>Dog Walks</b> Tuesdays, 9-10:30am	For all ages, meet at Visitor Center. Dogs must be accompanied by an adult. Take a walk on the Mt. Greylock trails to familiarize you and your pup with the woods.
<b>Story Time at the Williamstown Library</b> Wednesdays, 10:30-11:30am	Ages Pre-K to Kindergarten, meet at the Williamstown Library. Come and introduce your children to the outdoors through Story Time. Each week features a different book focusing on the outdoors, the importance of cooperation and also learning about a new animal, followed by an animal related craft.
<b>Story Time at the Lanesborough Library</b> Wednesdays, 2:30-3:30pm	Ages Pre-K to Kindergarten, meet at the Lanesborough Library. Come and introduce your children to the outdoors through Story Time. Each week features a different book focusing on the outdoors, the importance of cooperation and also learning about a new animal, followed by an animal related craft.
<b>Nice &amp; Easy Hikes</b> Wednesdays, 10-noon	Geared for seniors but open to all, guided and easy paced 1-2 mile hikes around Mount Greylock. Call Visitors Center for hike meeting place. Rain cancels hike.



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<b>Junior Ranger Program</b> <b>Thursdays, 10-noon</b>	Children ages 8-12. State park staff supervised Junior Ranger activities promote outdoor recreation skills and an appreciation of the natural world through fun activities and games. Participants who complete five out of the seven sessions receive a special patch and certificate. Parents or guardians must register their children by Thursday July 3 <sup>rd</sup> .
<b>Recycled Art Projects,</b> <b>Thursdays, 2-3pm</b>	For ages 6 to 12. Meet at the Visitors Center. Create your own recycled art project out of the trash we generate everyday. Reduce, reuse and recycle!
<b>Tyke Hike</b> <b>Fridays, 10-11am</b>	For children ages 8 and under. Meet at the Mount Greylock Visitors Center on Rockwell Road in Lanesborough. Go for a short Park Interpreter-guided walk and experience the nature around you, then listen to a fun children's story and make a related craft. This is a great opportunity to introduce young children to the outdoors.
<b>Yoga Walks</b> <b>Saturdays, 10-11am</b>	The program is suitable for all ages and to all levels of physical ability. This recreational program incorporates a variety of breathing exercises, postures, relaxation, and a short walk, helping you to relax, stretch and find you're your center. Call ahead for meeting location